



Please use this question to tell us about how your household uses local public transport. Remember to include all of the bus and train journeys that are made by **every member** of your household.

### Bus

In a typical week, approximately...

a) How many journeys are usually taken by bus? \_\_\_\_\_

b) What is the total distance travelled? \_\_\_\_\_ miles

### Train

In a typical week, approximately...

c) How many journeys are usually taken by train? \_\_\_\_\_

d) What is the total distance travelled? \_\_\_\_\_ miles

Please feel free to use the "Other comments" section below to let us know if you regularly use other forms of public transport or if you have any views on local services.

### Did you know?

The **Highland Railcard** offers a 50% discount on all rail travel on the Kyle and Wick lines  
A **Megarider** ticket allows unlimited travel on a Stagecoach bus route for a whole week



What else could the Million Miles project do?



a million miles better

Thank you for taking the time to complete our Travel Check!

Please contact Transition Black Isle if you would like more information:

07715 663781 / millionmiles@transitionblackisle.org / @TBIMillionMiles  / 



Transition Black Isle is a registered Scottish charity (SC042309) and a company limited by guarantee registered in Scotland (398650) at Glachbeg, Allanglach Wood, North Kessock, Inverness, IV1 3XD

[www.transitionblackisle.org](http://www.transitionblackisle.org) 

Travel Check Version 2

# Household Travel Check



a million miles better

Transition Black Isle's **Million Miles** project aims to help local people find better ways to travel by improving access to **public transport**, increasing **active travel** and encouraging **lift-sharing**. Our aim is to **cut car travel on the Black Isle by 1%** – around one million miles.

You can support our project by telling us about **travel patterns in your household**. The details you provide will help us find ways for people on the Black Isle to make **healthier, cheaper and greener travel choices**.

Date completed \_\_\_\_\_



We would like some basic information about your household to help us plan our campaigns and events.

a) Where do you live on the Black Isle?  
\_\_\_\_\_

b) How many people live in your household?

Children (0-17) \_\_\_\_\_ Adults (18-64) \_\_\_\_\_ Senior citizens (65+) \_\_\_\_\_

If you are happy for Transition Black Isle to keep in touch with you about our Million Miles project, please leave your contact details below.

We may get in touch with you later in the project to find out how your household travel has changed – tick here if you would like to opt out of our monitoring but still receive information about our project

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Transition Black Isle will hold all personal data in accordance with the principles and requirements of the Data Protection Act 1998. The personal information that you give Transition Black Isle will be used internally for monitoring, analysing and reporting purposes: we will not share your details with other organisations without prior consent. We will also use anonymous information in our reports to our funders.



As the main aim of our project is to help people find alternatives to the car, we would like to know about **car travel in your household**. We recognise that many people in rural areas need a car to get about, so we want to help make car travel as green as possible.

It's important for us to not only know **how many miles** are travelled by car, but also what **types of cars** are being driven so we can estimate our baseline carbon pollution. **If there are more than two vehicles in your household** or you would like to provide us with any additional details, then please use the "Other comments" section at the end of the survey.

**Did you know?**

In January 2014,

[highland.liftshare.com](http://highland.liftshare.com)

celebrated the registrations of its 600<sup>th</sup> member and 700<sup>th</sup> journey – visit today and see if you could share

**Main car**

a) **Fuel type** Petrol \_\_\_ Diesel \_\_\_ Other \_\_\_

b) **Engine size** \_\_\_\_\_ and/ **Tax band** \_\_\_\_\_  
or \_\_\_\_\_

c) **Annual mileage** \_\_\_\_\_

d) **Number of trips made in a typical week** \_\_\_\_\_

**Second car**

e) **Fuel type** Petrol \_\_\_ Diesel \_\_\_ Other \_\_\_

f) **Engine size** \_\_\_\_\_ and/ **Tax band** \_\_\_\_\_  
or \_\_\_\_\_

g) **Annual mileage** \_\_\_\_\_

h) **Number of trips made in a typical week** \_\_\_\_\_

**Lift-sharing** i) How often do people in your household actively share your car journeys with friends, family or work colleagues?

Never \_\_\_ Occasionally (once a month) \_\_\_  
Regularly (once a week) \_\_\_ Constantly (most days) \_\_\_



Share the journey – share the costs – share the craic!

**Fuel efficient driving**

j) How often do all of the drivers in your household apply **basic** fuel efficiency techniques?

Never \_\_\_ Occasionally \_\_\_ Regularly \_\_\_ Constantly \_\_\_  
(some trips) (most trips) (all trips)

k) How often do all of the drivers in your household apply **advanced** fuel efficiency techniques?

Never \_\_\_ Occasionally \_\_\_ Regularly \_\_\_ Constantly \_\_\_  
(some trips) (most trips) (all trips)

**Basic fuel efficiency tips**  
(saving up to ~5%)

- Maintain your vehicle (check oil and tyre pressure)
- Don't leave your engine idling when stationary
- Change up through gears early
- Remove heavy items
- Reduce your top speed

**Advanced fuel efficiency tips**  
(saving up to ~15%)

- Anticipate road conditions
- Drive smoothly to avoid strong acceleration and harsh braking



It would be great to know about **walking and cycling in your household**. Not only is active travel free, but it is also a great way to get some exercise. Please remember to include all of the journeys made by **every member** of your household.

**Walking**

In a typical week, approximately...

a) How many journeys are usually walked? \_\_\_\_\_

b) What is the total distance travelled? \_\_\_\_\_ miles

**Cycling**

In a typical week, approximately...

c) How many journeys are usually cycled? \_\_\_\_\_

d) What is the total distance travelled? \_\_\_\_\_ miles

**Community Mapping – making your active travel map**



Transition Black Isle is encouraging local people to contribute to [www.openstreetmap.org](http://www.openstreetmap.org), which will help us create a map of walking and cycling routes on the Black Isle. Have a look at where you live and work on [www.openstreetmap.org](http://www.openstreetmap.org) and see if there is any detail that you could add.

**Did you know?**

Our Community Cycling Trainers are running **FREE** bike training sessions across the Black Isle